

Colouring Activity #1: Natural History Drawings

Description:

This colouring package includes 4 illustrations of familiar edible plants featured in the William Farquhar Collection of Natural History Drawings. This activity is designed for seniors to engage in therapeutic colouring and to learn simple dot painting techniques to create their own masterpieces. The package also features conversation prompts for seniors, their families or caregivers to share more about their memories and experiences of using these edible plants to create delicious dishes!

Suggested Materials:

The choice of colouring materials can be based on what you have available and what your senior is comfortable with using. Here are some options:

1. Colour pencils
2. Crayons
3. Magic markers
4. Acrylic paint and brushes
5. Acrylic paint and cotton buds
6. Watercolour paint and brushes
7. Finger paint

Conversation Prompts:

1. How would you use these plants in cooking?
2. Share with me some plant and herbal remedies you enjoy.
3. Have you grown any plants on your own before?
4. What are your favourite types of flowers? What about them brings you joy?
5. What are some plants that are special to you?
6. If you could be a tree, what tree would you be?



Ginger

Ginger is often used as a food, spice, or even medicine in many parts of Asia. Its health benefits include relieving nausea and muscle pain. Henry Nicholas Ridley, the first director of the Singapore Botanic Gardens, catalogued 26 species of ginger native to Singapore in the 1890s. Around 16 species still exist today.

The image above is based on the National Museum's William Farquhar Collection of Natural History Drawings.



Yam

Yam was one of the staple foods in Singapore during the war as it was cheaper than rice and could also be grown easily. Since then, it has been adapted for many dishes, such as the yam basket or yam ring, a Chinese dish that originated in Singapore.

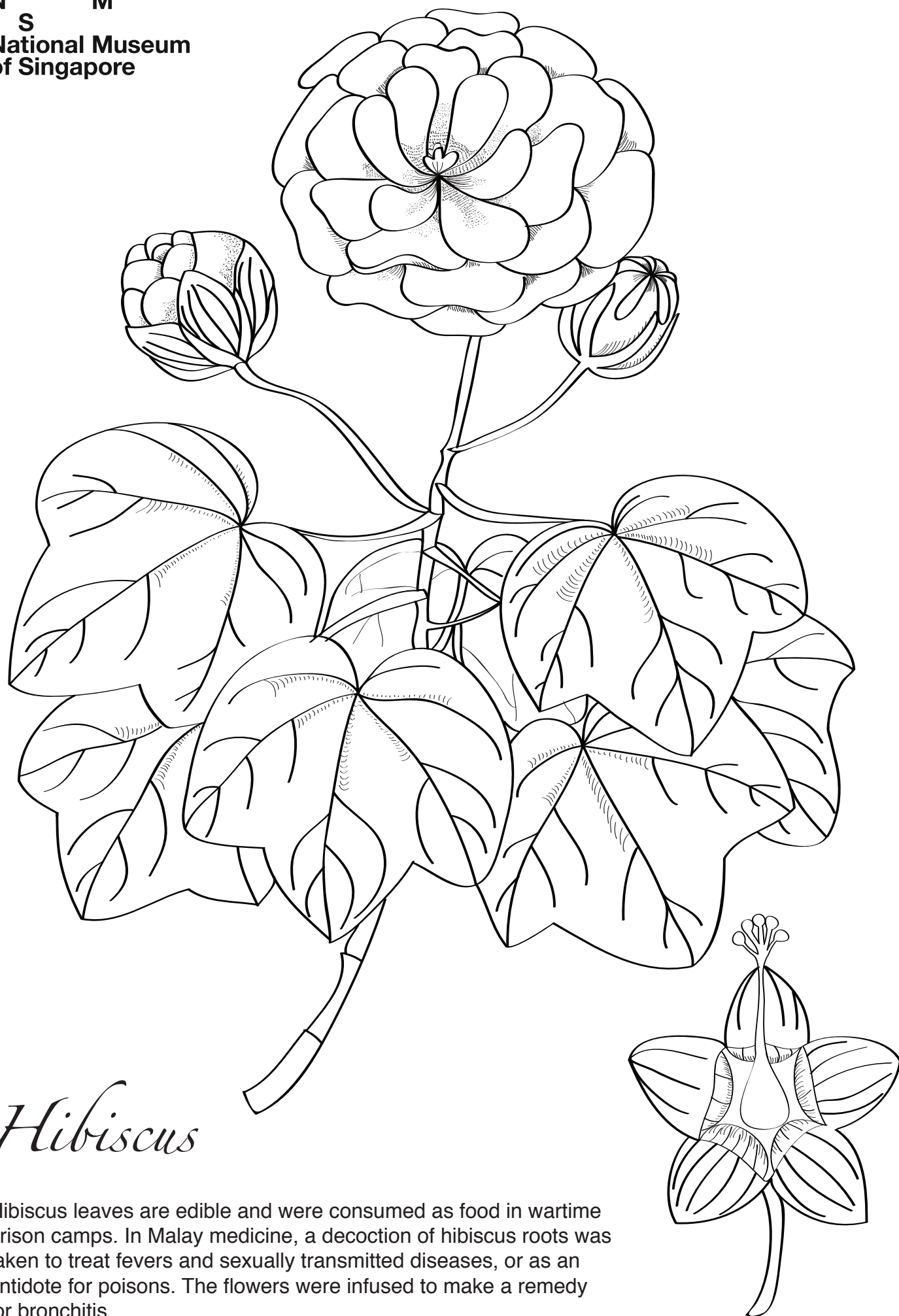
The image above is based on the National Museum's William Farquhar Collection of Natural History Drawings.



Candlenut

Also known as *buah keras*, candlenut is a common ingredient in local cuisines and is usually used as a flavouring and thickening agent. When dry, it can be burnt to provide light, hence its name.

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Hibiscus

Hibiscus leaves are edible and were consumed as food in wartime prison camps. In Malay medicine, a decoction of hibiscus roots was taken to treat fevers and sexually transmitted diseases, or as an antidote for poisons. The flowers were infused to make a remedy for bronchitis.

The image above is based on the National Museum's William Farquhar Collection of Natural History Drawings.

Colouring Activity #2: Stained Glass Panels in the National Museum of Singapore's Rotunda

Description:

The glass panel depicted on the following page is part of a set of 50 that encircles the dome of the National Museum of Singapore. The dome forms part of the rotunda, which is the first area that you will encounter upon entering the museum. It is believed that these 50 stained glass panels were intended to commemorate the 50th anniversary of Queen Victoria's reign in 1887, the same year the National Museum building was declared open. These beautiful panels not only allow light into the building, they also add colour to the space.

You will need:

1. Paint
2. Cotton buds
3. Scissors

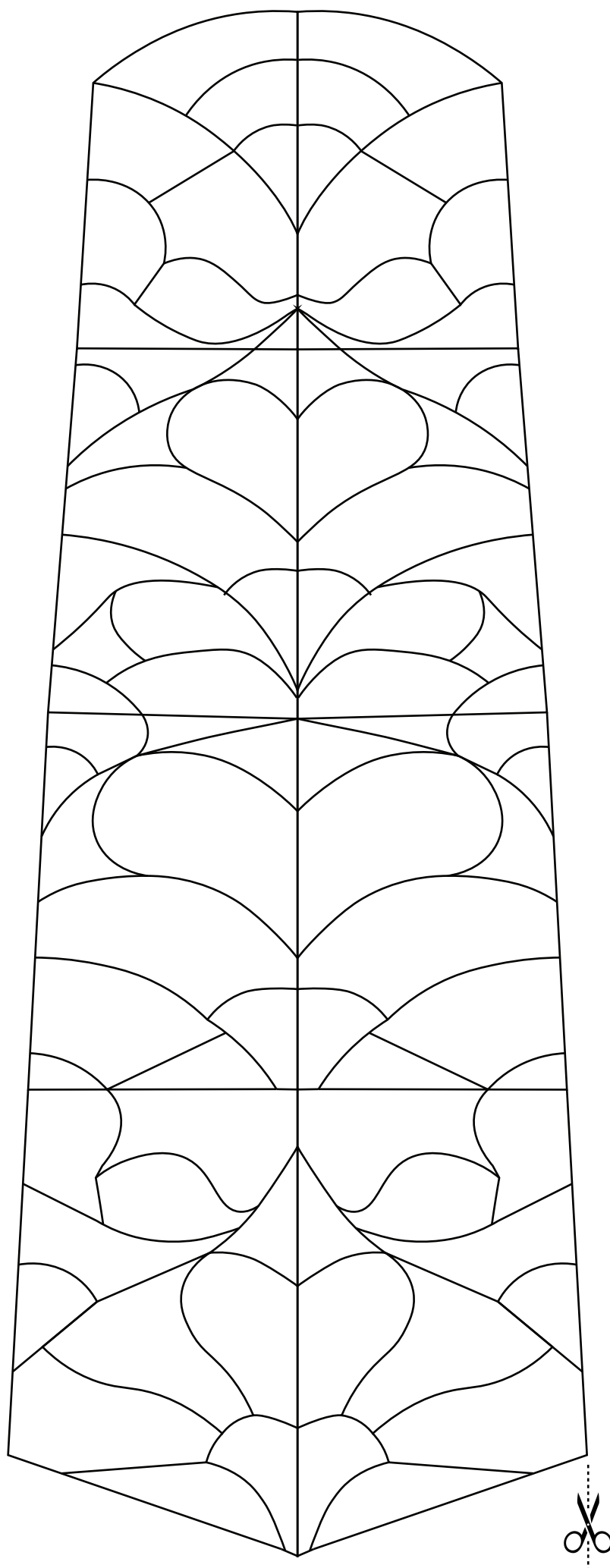
Instructions

1. Squeeze different coloured paints onto plates
2. Choose 1 paint colour
3. Dip a cotton bud into the paint
4. Choose 1 shape to fill in
5. Dot the colour onto your chosen shape
6. Choose another colour and repeat until all the shapes are filled
7. Cut this artwork out and display it!



Image of the museum's rotunda featuring the stained glass panels. Courtesy of the National Museum of Singapore.

*Stained Glass Panels
in the National
Museum of Singapore's
Rotunda*



The image above is based on the stained glass panels in the National Museum of Singapore's rotunda.